



*checkers catering*  
*and special events*

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## **BREAKFAST OPTIONS**

### **FULL CONTINENTAL BREAKFAST**

**OPTION ONE** is Coffee & decaf, juice, assorted low fat muffins & fruit platter  
11.60 per serving

**OPTION TWO** is Coffee & decaf, juice, bagels & fruit platter  
12.60 per serving

### **EARLY MORNING BEVERAGES**

#### **ORGANIC PEERLESS COFFEE**

Air pot of Regular Coffee, Decaf Coffee

#### **NUMI ORGANIC HOT TEA**

Air pot of Hot Water with Assorted Organic Tea Bags

20.95 per 10 Cup Air pot

All coffee set ups include sugar, sugar substitute & cream and Hot tea includes lemon, honey bear and sugars

### **BREAKFAST ESSENTIALS**

**Individual yogurts in assorted flavors**

2.95 per serving

**Fresh Seasonal Fruit Salad**

4.50 per serving

**Sliced Fresh Seasonal Fruit on Platters**

5.25 per serving

Fruit Platters typically include watermelon, cantaloupe, honeydew, pineapple, in season berries that may include raspberries, strawberries, etc. and grape clusters

**Whole Fruit in basket**

Seasonal assortment could include Bananas, Oranges, Pears, Apples, Plums and Grapes

1.95 per piece

***Checkers Catering & Special Events - Eat Well Berkeley Menu 2011***

***(925) 968-1121***

***Page 1***




*checkers catering*  
*and special events*

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 **Individual Parfaits**

Fresh Fruit, Strawberry Yogurt and Granola in clear container with lid


5.95 per serving

 **Signature house made Granolas**—recipe from famous “Rancho La Puerta Health Spa” served with Almond milk, or Soy Milk fresh blueberries or strawberries (whatever is in season)


4.95 per serving

 **Vegetarian Style Omelet**—Made with Egg Whites and Yolk, fresh bell peppers, green onions, sliced mushrooms and diced Tomatoes. Served with Home fried potatoes sautéed in olive oil, garlic, kosher salt and pepper and low fat muffins

12.95 per serving

 **Frittata with Fresh Spinach and Leeks**- Made with egg whites and yolk, almond milk, fresh spinach and leeks served with home fried potatoes sautéed in olive oil, garlic, kosher salt and pepper and low fat muffin


12.95 per serving

 **Western Scramble**- Made with egg whites and yolk, fresh tomatoes, onions, green chilies served with home fried potatoes sautéed in olive oil, garlic, kosher salt and pepper. Served with Fresh pico de gallo and corn tortillas

11.95 per serving



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## LUNCH/DINNER OPTIONS

### APPETIZERS

- Jumbo Prawns with Spicy Cocktail Sauce **1.95 per serving**
- Grilled Vegetable Platter with Balsamic Reduction **64.95 for 5lb Platter**
- Greek Stuffed Tomatoes with Olive Tapenade **1.95 each**
- Ahi Tamari Tartare with Mini Rice Crackers **3.25 per serving**
- Guacamole with Baked Tortilla Chips **4.95 per serving**
- Raw Vegetables with Roasted Red Pepper Hummus for 5lb Platter **64.95**
- Lemon Herb Chicken Skewer **2.15 per serving**

### SOUPS

- Curried Lentil Soup with Whole Wheat Rolls
  - Kabocha Squash Soup with Whole Wheat Rolls
- 5.95 per serving**

### ALL SALADS (Dressing served on the side)

### ORIENTAL CHICKEN

- Grilled & diced chicken breast, romaine & iceberg lettuce, peanuts, mandarin oranges, green onion, & fried wontons & our spicy house peanut dressing & sweet oriental sesame with Wheat Roll
- 13.60 per serving**

### CHICKEN CAESAR

- Hearts of romaine lettuce, marinated sun dried tomatoes, grilled & diced chicken breast, shredded parmesan & homemade garlic croutons with Rancho La Puerta healthy Caesar dressing with Wheat Roll
- 12.95 per serving**

***Checkers Catering & Special Events - Eat Well Berkeley Menu 2011***  
***(925) 968-1121***  
***Page 3***



*checkers catering*  
*and special events*

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 **MORE SALADS (Dressing served on the side)**

 **GREEK SALAD WITH MEYER LEMON VINAIGRETTE**

Fresh Hearts of Romaine, Roma Tomatoes, Cucumbers Onion, Kalamata Olives and Capers

5.95 per serving

Add Chicken Breast 5.95 pp

Add 4 Jumbo Prawns pp 7.95

 **MIXED BABY GREENS WITH HOUSE MADE RASPBERRY VINAIGRETTE**

Spring Mix, Romaine Lettuce, Pecans, and Pears

5.95 per serving

Add Chicken Breast 5.95 pp

Add 4 Jumbo Prawns pp 7.95

 **TOSSED GREEN SALAD**

Mixture of Romaine Lettuce & Spring Mix, Cherry Tomatoes, Baby Carrots, Sliced Cucumbers & Sliced Mushrooms with Olive Oil and Balsamic Vinegar in Cruets

5.45 per serving

 **FRESH FRUIT SALAD**

Cantaloupe, Pineapple, Honeydew Melon, Grapes and Seasonal Berries

4.50 per serving



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## FROM THE DELI

### GOURMET SLIDERS WITH A TWIST

(Our "Mini Slider Sandwiches" are served on a platter)

**Mini Turkey Club** on a Sour Dough Mini Roll with turkey, bacon, avocado, basil and tomato

**Mini Japanese Eggplant** with caramelized onion, roasted red bell peppers, provolone cheese and garlic mayo on a pumpkin seeded mini roll.

**Mini Steak Sandwich** with marinated tri tip, horseradish cream and micro greens on a mini baguette roll

**Mini Italian Chicken Sandwich** with grilled chicken, sun dried marinated tomato, pesto mayo, and green leaf lettuce on a mini sourdough roll

Priced per individual serving

Minimum order of 10 servings per flavor

**A la Carte**

**4.45 per slider**

### DELI COLD CUTS

(Make it yourself Sandwiches)

Deli trays are made with an assortment of four (4)ounce portions of roast beef, oven-roasted turkey & Black Forrest ham. Tuna & vegetarian are available upon request. The Deli includes lettuce, tomatoes, pepperoncini, pickles, mayonnaise & mustard served with sliced bread (including sour dough and wheat)




Extra Deli Meat Portions, scoops of chicken salad or tuna salad are available for 3.95 per 4 ounce serving

**A la Carte**

**8.45 per serving**

**Combo Package**

**10.85 per serving**

All of the above combo packages are priced per serving & *include* our famous homemade chips or deli salad choice of  Italian pasta salad, red dill potato salad, pesto pasta salad, Caesar bowtie pasta,  peanut & coleslaw, or  fresh fruit salad

Add an additional deli salad or homemade chips for **3.25**


***Checkers Catering & Special Events - Eat Well Berkeley Menu 2011***

***(925) 968-1121***

***Page 5***



*checkers catering*  
*and special events*

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## ENTREES

Minimum order of 10 servings per item

### GRILLED MEAT PLATTERS

Pick one

GRILLED & SLICED PORK TENDERLOIN

**6.95 Per Serving**

GRILLED & SLICED BEEF TENDERLOIN

**8.95 Per Serving**

GRILLED & SLICED CHICKEN BREAST

**6.95 Per Serving**

THE ABOVE MEAT PLATTERS COME WITH OUR SIGNATURE FRESH SALSA BELOW

### SIGNATURE FRESH SALSAS

Pick one

CAPONATA SALSA

Grilled Eggplant Compote with Olives and Capers

MANGO SALSA

Fresh Pineapple, Mango and Peppers

ROMA TOMATO SALSA

Fresh Roma's, Garlic, Sweet Basil infused with Blood Orange Olive Oil

ROASTED CORN SASLA

Roasted Corn, Cilantro with Infused Jalapeno Olive Oil

### ALL GLUTEN FREE PASTAS

Gluten Free Corn Pasta and each served with House Tossed Greens with Olive Oil & Balsamic Cruets

### CALIFORNIA FRESH PENNE WITH GRILLED CHICKEN

Fresh Roma tomatoes, grilled diced chicken, feta cheese, sweet basil, garlic & olive oil

**14.75 per serving**

### FUSILLI PRIMAVERA

Fresh Italian vegetables sautéed in garlic, served with zesty marinara sauce with Fusilli noodles

**15.25 per serving**

### RED PESTO CHICKEN PENNE

Penne pasta with diced chicken, portabella mushrooms, green onions, mixed with a house pesto and marinara sauce.

**15.25 per serving**


***Checkers Catering & Special Events - Eat Well Berkeley Menu 2011***

***(925) 968-1121***

***Page 6***



*checkers catering*  
*and special events*

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### HOT POULTRY ENTREES

#### MEDITERRANEAN CHICKEN

Sautéed seasoned chicken breast with plums, apricots, and garnished with toasted almonds  
**15.95 per serving**

#### SOUTH BEACH HERB MARINATED CHICKEN

Cooked in white wine, crushed basil, oregano & tarragon with garlic  
**14.75 per serving**

#### LEMON HERB CHICKEN

Fresh lemon thyme herb sauce over grilled boneless chicken breasts  
**14.75 per serving**

#### MEXICAN CHICKEN

Baked chicken breasts smothered in homemade salsa, served with Spanish rice and black beans  
**14.95 per serving**

**\*Change any Chicken to Organic for an additional 2.00 per serving**

### FRESH FISH AND SEAFOOD OPTIONS

#### GRILLED SALMON

Fresh Salmon grilled with extra virgin olive oil and garlic  
**MARKET PRICE 19.95 & UP per serving**


#### CURRY PRAWNS

6 Jumbo Prawns simmered in a Green Curry Sauce  
**21.95 per serving**

All of the above are priced per serving & include your choice of tossed greens, or Greek salad, or fresh seasonal vegetables sautéed in olive oil & garlic. Also includes a choice of white rice pilaf, brown rice, Quinoa with garlic and onions, roasted gold Yukon potatoes, or red potatoes with fresh rosemary, and garlic. Whole Wheat Rolls & Butter





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 **ALL VEGETARIAN ENTREES** Minimum order of 6 servings per item


 **MUSHROOM RAGOUT & FRESH DILL** over Grilled Three Cheese Polenta Cakes (2 per serving)  
**11.95 per serving**

 **VEGAN PORTOBELLO** stuffed with spinach, roasted bell pepper, carrot, asparagus & topped with balsamic reduction. Served with Brown Rice  
**11.95 per serving**


 **TOMATO & HERB FRITTATA** made with plum tomatoes, scallions, fresh basil & eggs. Served with Roasted Red Potatoes in olive oil, rosemary & garlic  
**11.95 per serving**


 **FARM STAND PAELLA** made with Saffron infused Arborio rice tossed with zucchini, red sweet peppers, chick peas, corn and artichoke hearts  
**12.95 per serving**

 **COUSCOUS CAKES** include two golden couscous cakes topped w/ plum tomatoes, black beans & zesty corn relish  
**12.95 per serving**

 **VEGETARIAN ENCHILADAS** with matchstick vegetables in a Verde sauce served with whole black beans and Spanish rice  
**14.95 per serving**

**STACKED EGGPLANT** with artichokes, red bell peppers a blend of mozzarella, parmesan cheeses, and chopped garlic in a veggie based zesty marinara sauce. Served with Brown Rice  
**13.95 per serving**

 **STIR FRIED TOFU** with snap peas. Served with Brown Rice  
**12.95 per serving**

 **RIGATONI WITH GREEN BEANS** tomatoes & black olives in our zesty marinara sauce  
**12.95 per serving**

**BAKED POTATO BAR BUFFET**

(Bar includes, vegetarian chili, butter, sour cream, shredded cheese, salsa & chives)

**11.75 per serving**

**VEGETARIAN CHILI** with shredded cheese, chopped red onion & crackers  
**10.95 per serving**

The above Vegetarian Entrees are served with tossed greens, Caesar Salad, or Italian vegetables sautéed in olive oil & garlic, & wheat rolls & butter (excluding enchiladas)

***Checkers Catering & Special Events - Eat Well Berkeley Menu 2011***

***(925) 968-1121***

***Page 8***





*checkers catering*  
*and special events*

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## DESSERTS

Minimum order of 6 servings for most items

### COOKIES

Assorted homemade cookies

**1.75 per serving**

### BROWNIES

Moist bittersweet dark chocolate brownies zinged with espresso drizzled with dark chocolate

**1.75 per serving**

### SPECIALTY BARS

**Our choice** to include Apple Cobbler Bars, Blueberry Cobbler Bars, Butter Brickle Blondies, Carrot Bars, Key Lime Bars, Lemon Bars, Pecan Squares, Raspberry Shortbread Bars,

1 bar per serving

**1.85 per serving**

**SMALL FRUIT BROCHETTE** of cantaloupe, pineapple, honey dew, strawberry served with lemon yogurt dip.

**3.95 per serving**

### FRESH FRUIT TARTS

Small 2" Tarts

**2.95 per serving**

### CLASSIC BAKLAVA

Luscious bites of flaky buttery pastry filled with walnuts bathed in a golden syrup

**1.95 per serving**

### CHOCOLATE ASSORTMENT OF MINI CHEESECAKES

Turtle, Cappuccino & Chocolate Swirl Assortment

### CITRUS & BERRY ASSORTMENT OF MINI CHEESECAKES

White Chocolate Raspberry, Citrus & Key Lime Assortment

**1.95 per serving**

***Checkers Catering & Special Events - Eat Well Berkeley Menu 2011***

***(925) 968-1121***

***Page 9***